

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|--|--|---|---|
| Morning | <p>Meditation Group 10.30-11.30a.m.</p> | <p>Walking Group 10.00a.m. – 11.30 a.m.</p> | <p>Quiz 10.30—11.30 a.m.</p> | <p>Community drop in 10:30-12:00pm</p> <p>Creative Expression (online & face to face) 12.00noon—13.00</p> | <p>Centre only open for Thinking Well clients</p> |
| Afternoon | <p>Bring your own craft group 12:30-14:00</p> | <p>Centre only open for Thinking Well clients</p> | <p>Hearing Voices 12.00—1.00 p.m.</p> <p>Yoga 1.00—2.30 p.m.</p> | <p>Art Class 9th June 10.30am—12.30pm</p> <p>Gardening group 13:30-14:30pm</p> | <p>Centre only open for Thinking Well clients</p> |

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.